

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06	AthletiCore	Sixpack Attack - Malibu	Move it! Latin - Miami	Kettlebell Challenge - Utah	Iron Bars Express - Texas	Burning HIIT	Stretch & Relax	00
30	Soul meets Body	Kettlebell Challenge - Utah	Sixpack Attack - Miami	Iron Bars Express - L.A.	Mobility & Balance	Yoga Power	David Kirsch's Plank Workout	30
07	Booty Booster	Booty Booster	Iron Bars - Texas	Burning HIIT	Bootcamp	David Kirsch's Beach Body Bootcamp	Sixpack Attack - Malibu	00
30	Stretch & Relax	Yoga Power		Move it! Hip Hop - Miami	Ballet Fit	Soul meets Body	Burning HIIT	30
08	Iron Bars - Texas	Go Virtual! Performance	Step Up - Miami	Bodylicious	Burning HIIT	AthletiCore	Yoga Power	00
30		Sixpack Attack - Miami	Iron Bars Express - Texas		Sixpack Attack - Malibu	Stretch & Relax	Iron Bars Express - Texas	30
09	Kettlebell Challenge - Utah	AthletiCore	Bootcamp	Booty Booster	Iron Bars - Texas	Bootcamp	Booty Booster	00
30	Sixpack Attack - Miami	David Kirsch's Body Blast	Healthy Back	Mobility & Balance		Iron Bars Express - L.A.	Step Up - Miami	30
10	<b>LIVE!</b> Zumba Fitness®	<b>LIVE!</b> Yoga	<b>LIVE!</b> Rücken Fit	Stretch & Relax	<b>LIVE!</b> Rücken & Bauch	Booty Booster	<b>LIVE!</b> Pilates	00
30			<b>LIVE!</b> Sixpack	David Kirsch's Plank Workout		Sixpack Attack - Miami		30
11	<b>LIVE!</b> Pilates	Ballet Fit	<b>LIVE!</b> Pilates	Ballet Fit	AthletiCore		<b>LIVE!</b> Hot Iron® 2	00
30		Mobility & Balance		Iron Bars Express - Texas	Healthy Back	Iron Bars - Texas		30
12	Bootcamp	Iron Bars Express - L.A.	Kettlebell Challenge - Utah	Sixpack Attack - Miami	Iron Bars Express - Texas	Ballet Fit	Kettlebell Challenge - Utah	00
30	David Kirsch's Plank Workout	Stretch & Relax	Move it! Hip Hop - Miami	Step Up - Miami	David Kirsch's Plank Workout	Burning HIIT	David Kirsch's Beach Body Bootcamp	30
13	Healthy Back	Iron Bars Express - Texas	Sixpack Attack - Miami	Soul meets Body	Booty Booster	Go Virtual! Performance	Yoga Power	00
30	Step Up - Miami	Burning HIIT	Mobility & Balance	AthletiCore	Move it! Latin - Miami	Bootcamp	Iron Bars Express - L.A.	30
14	Sixpack Attack - Malibu	Sixpack Attack - Miami	David Kirsch's Body Blast	Kettlebell Challenge - Utah	Ballet Fit	Move it! Hip Hop - Miami	Burning HIIT	00
30	Iron Bars Express - Texas	Booty Booster	Ballet Fit	David Kirsch's Plank Workout	Iron Bars Express - L.A.	Sixpack Attack - Malibu	Ballet Fit	30
15	Go Virtual! Performance	Bodylicious	AthletiCore	Iron Bars - Texas	Bootcamp	Bodylicious	Iron Bars - Texas	00
30	David Kirsch's Beach Body Bootcamp	Yoga Power			Sixpack Attack - Miami			30
16	Booty Booster	Move it! Latin - Miami	Burning HIIT	Sixpack Attack - Malibu	AthletiCore	Step Up - Miami	Booty Booster	00
30	Ballet Fit	David Kirsch's Plank Workout	Stretch & Relax	Go Virtual! Performance	Soul meets Body	Iron Bars Express - Texas	Sixpack Attack - Miami	30
17	<b>LIVE!</b> Sixpack	<b>LIVE!</b> Fatburner	<b>LIVE!</b> Beachbody Workout	<b>LIVE!</b> Bauch Beine Po	<b>LIVE!</b> Hot Iron® 2	Kettlebell Challenge - Utah	AthletiCore	00
30	<b>LIVE!</b> Rücken Fit					AthletiCore	Iron Bars Express - Texas	30
18	<b>LIVE!</b> Beachbody Workout	<b>LIVE!</b> Sixpack	<b>LIVE!</b> Yoga	<b>LIVE!</b> H.I.I.T.	<b>LIVE!</b> Yoga	Yoga Power	Healthy Back	00
30		<b>LIVE!</b> Bauch Beine Po Express		<b>LIVE!</b> Sixpack		David Kirsch's Body Blast	Move it! Hip Hop - Miami	30
19	<b>LIVE!</b> Yoga	<b>LIVE!</b> STRONG by Zumba®	<b>LIVE!</b> Fatburner	<b>LIVE!</b> Zumba Fitness®	Sixpack Attack - Miami	Booty Booster	Burning HIIT	00
30					Booty Booster	Healthy Back	Sixpack Attack - Malibu	30
20	<b>LIVE!</b> Zumba Fitness®	<b>LIVE!</b> Zumba Fitness®	<b>LIVE!</b> Sixpack	Bootcamp	Move it! Hip Hop - Miami	Iron Bars - Texas	Bootcamp	00
30			<b>LIVE!</b> Bauch Beine Po Express	Yoga Power	Stretch & Relax		Ballet Fit	30
21	Iron Bars Express - L.A.	David Kirsch's Beach Body Bootcamp	Sixpack Attack - Malibu	Burning HIIT	Iron Bars - Texas	Mobility & Balance	Go Virtual! Performance	00
30	David Kirsch's Body Blast	Move it! Hip Hop - Miami	Iron Bars Express - Texas	Sixpack Attack - Miami		Move it! Latin - Miami	Soul meets Body	30
22	Sixpack Attack - Malibu	Iron Bars - Texas	Bootcamp	David Kirsch's Body Blast	Kettlebell Challenge - Utah	David Kirsch's Plank Workout	Iron Bars Express - Texas	00
30	Kettlebell Challenge - Utah		David Kirsch's Plank Workout	Kettlebell Challenge - Utah	Step Up - Miami	Kettlebell Challenge - Utah	Iron Bars Express - L.A.	30
23	Mobility & Balance	Healthy Back	Bodylicious	Iron Bars - Texas	Sixpack Attack - Malibu	Move it! Hip Hop - Miami	David Kirsch's Body Blast	00
30	Bootcamp	Yoga Power			Burning HIIT	Go Virtual! Performance	Step Up - Miami	30

Open Group Workout: Mo bis Do 19:00 Uhr